



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



US... IS EMPOWERING

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them find the power of their full potential

SPRING 2020

Membership Information
& Program Offerings

WWW.YMCAWORTHINGTON.ORG
1501 Collegeway, Worthington, MN 56187
contact-us@ymcaworthington.org
507-376-6197

WELCOME



WELCOME

Worthington Area YMCA CEO Search Committee introduces Meredith Daley as new Executive Director/CEO...

The Worthington Area YMCA has named Meredith Daley as the new CEO.

Daley has experience working with the YMCA of Greater Brandywine, Upper Main Line YMCA as their Senior Aquatic Director and has served on the Association Risk Management and Safety Committee. Within her position she works closely with the facilities, membership, camp and childcare teams as well as Senior Leadership.

Prior to her start in the YMCA, she was heavily involved in higher education recreation programs as she served as Assistant Director of Recreation at Penn State University and Aquatic Coordinator for Instructional Programs at Rutgers University. She also worked for the University of Northern Iowa in a service-learning program, Camp Adventure Child & Youth Services. In April 2017, she was awarded a Leadership Award from the University of Northern Iowa, recognizing her dedication, commitment and excellence for Camp Adventure Child & Youth Services while being fully engaged in her professional career.

Daley is a graduate of the University of Northern Iowa. She has a Master's Degree in Youth & Human Service Administration and a Bachelor's Degree in Leisure, Youth & Human Services and Spanish.

Daley was born and raised in Storm Lake, IA. One of the things she values most from her upbringing and which she is looking forward to in the Worthington community, is the rich diversity.

She and her husband Mike have a two year old daughter. She will be starting in her new position on March 16.

"The Worthington Area YMCA's Mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all."



FOLLOW
US ON
FACEBOOK



TO MAKE AN ON-LINE GIFT,
VISIT OUR WEBSITE
WWW.YMCAWORTHINGTON.ORG

WORTHINGTON AREA YMCA

DeGroot Family Center

1501 Collegeway | Worthington, MN 56187

507-376-6197

www.ymcaworthington.org

EXECUTIVE DIRECTOR/CEO



MEREDITH DALEY

meredith.daley@ymcaworthington.org
ext. 225

BUSINESS/OPERATIONS DIRECTOR



MARK WIBBENS

mark.wibbens@ymcaworthington.org
ext. 227

PROGRAM DIRECTOR



CORY GREENWAY

cory.greenway@ymcaworthington.org
ext. 230

ADMINISTRATIVE SERVICES DIRECTOR



KRIS HOHENSEE

kris.hohensee@ymcaworthington.org
ext. 223

PROGRAM COORDINATOR



JORDAN BALSTER

jordan.balster@ymcaworthington.org
ext. 226

WELCOME

YMCA Facility Hours

Monday-Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 7:00 p.m.
Sunday	1:00 p.m. - 6:00 p.m.

**Hours effective through Sunday, March 31, 2019*

Monday-Thursday	5:30 a.m. - 9:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 7:00 p.m.
Sunday	1:00 p.m. - 6:00 p.m.

**Hours beginning Monday, April 1, 2019*

Holiday Hours

Y CLOSED

- Easter Sunday, Sunday, April 21st
- Memorial Day, Monday, May 27th

Code of Conduct

At the Worthington Area YMCA we expect staff, members, participants and guests to behave in accordance with our mission and values, respecting the rights and dignity of others.

At the YMCA we demonstrate caring, honesty, respect and responsibility by:

- Speaking in respectful tones; refraining from the use of derogatory language and dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by ensuring that an adult is supervising children ages 7 and under; taking good care of YMCA equipment and refraining from intimate behavior in public.
- Creating a safe, caring environment; never possess, use or distribute a weapon, restrict all cell phone use to the lobby and meeting room areas.
- Participating in programs that build a healthy spirit, mind and body; respecting that all YMCA property is tobacco free; never engaging in the use of illegal drugs on YMCA premises.

Additionally, the mission of the Worthington Area YMCA is to put Christian principles into practice that build a healthy spirit, mind and body for all. Important to this mission is our ability to provide a safe and threat free environment. For this reason the YMCA monitors the sexual offender's registry monthly. Persons on this list will not be eligible for YMCA membership or daily facility usage, program participation, and volunteer or employment opportunities. Additionally, when it has become known that a member has been charged with an offense for criminal conduct, the member can be notified that their membership can be temporarily suspended until the legal process has taken its course."

TABLE OF CONTENTS

Facility Hours	3
Holiday Hours	3
Code of Conduct.....	3
Board of Directors	3
Membership Categories & Fees	4
Pool Hours.....	5
Child Watch	5
Birthday Parties & Rentals.....	5
Worthington Regional Health Care Pricing ...	6
Youth Soccer.....	6
Mini Kickers Soccer	6
Healthy Kids Day	6
11th Annual Girls Night Out Pajama Party ...	6
Special Olympics	6
Youth Aquatics	7
BEST SUMMER EVER! Events.....	8
King Turkey Day 10K & 5 K Training	9
Adult Sports/Aquatics.....	9
Volunteer & Giving Opportunities	10
Registration	10

Worthington Area YMCA's Diversity and Inclusion Pledge

The Worthington Area YMCA is an organization of people joined together by a shared commitment to ensure that everyone could learn, grow and thrive. By prioritizing diversity and inclusion, we seek to ensure that all segments of society have access to the YMCA and feel welcome and fully engaged as participants, members, staff and volunteers.

2020 Board of Directors

OFFICERS

- **Chad Nixon** President
- **Kenton Meier** Vice President
- **Randy Thompson** Treasurer
- **Jason Gerdes** Secretary
- **Colin O'Donnell** Past President

DIRECTORS

- Heidi Meyer
- Adam Blume
- Jennifer Weg
- Bill Gordon
- America Voss
- Amber Luinenburg
- Julie Lopez
- Mark Schreiber
- Lori Dudley
- Dale Carlson
- Worthington City Council Representative:
*Chad Cummings

MEMBERSHIP INFORMATION

All members ages 8 & older will receive a membership card to be presented at the Front Desk each time you enter the Y. There is a \$5.00 fee for replacement cards. The YMCA will charge \$30.00 on all returned checks and insufficient funds for automatic withdraws.

All children ages 7 and younger must be accompanied and directly supervised by a responsible person age 14 or older always while in the YMCA except when enrolled in a structured YMCA program.

Benefits of Membership

- Nationwide Membership – facility use at participating Y's Nationwide.
- No term Contracts when you join!
- Use of Indoor & seasonal Outdoor Aquatic Center, Fitness Center, Indoor Track, Gymnasium, Rock Wall and more!
- Aquatic Center includes 6-lane lap pool, zero-depth entry pool, water slide and seasonal outdoor pool.
- Fitness Center includes over 60 pieces of cardiovascular with personal TV screens and strength training equipment.
- Three Locker Rooms (Women's, Men's and Family/Special Needs)
- Member Rates on programs and classes.
- 2 Guest passes per person on Full Annual Memberships
- FREE fitness orientation and work out program!

Insurance Fitness Incentives

YMCA members of eligible insurance plans can receive a \$20.00 reimbursement by working out the required plan minimum during a calendar month.

- **Medica**
- **Health Partners**
- **Preferred One**
- **Sanford Health**
- **Avera Health**
- **State Farm**

Silver & Fit and Silver Sneakers: Senior Citizens, stop out and see how Silver & Fit and Silver Sneakers works to pay for your membership!

Eligible members should bring their insurance card to the Front Desk to sign up for this benefit.

FINANCIAL ASSISTANCE AVAILABLE

It is the policy of the YMCA to provide services to all those who need them regardless of ability to pay established fees. The YMCA Financial Assistance Program provides scholarship assistance to individuals and families in need of financial support, allowing them to participate in membership and program activities. This support is funded by generous donations made to the YMCA's annual Strong Kids Campaign and United Way contributions. Stop by the Front Desk or visit our website for more information.

YMCA MEMBERSHIP CATEGORIES AND FEES

There is an Enrollment Fee of \$50 for ALL annual memberships except for \$25.00 for annual COLLEGE and New YOUNG ADULT MEMBERSHIPS; there is NO Enrollment fee for YOUTH MEMBERSHIP.

Fee structure listed takes effect on January 1, 2019

Membership Category	Rates Monthly	Paid In Full
Youth: (18 & Under)	\$17	\$192
Young Adult: (Ages 19-25)	\$35	\$408
Adult: (Ages 26-61)	\$50	\$588
College: (Min 12 credits)	\$23	\$264
College 4 Month: (Min 12 credits)		\$94.50
Adult + 1: (Same Household)	\$60	\$708
Family: (Households with 2 adults and their dependents 18 and under, or 22 and under full-time college students - 12 credits minimum)	\$68	\$804
1 Adult Household: (1 adult from the household and the dependents 18 and under, or 22 and under full-time college students - 12 credits minimum)	\$58	\$684
Senior Citizen: (62 & Over)	\$48	\$564
<i>Locker and Towel Service available on an annual basis. \$100 for Small and \$120 for Large. (Lock provided by Member) Towel Service only is \$60.</i>		
One Day Guest Pass	Resident	Non-Resident
Youth: (Ages 18 and under)	\$4	\$5
College Student:	\$8	\$8
Adult:	\$8	\$10
Family:	\$14	\$18

ANNUAL LOCKER ROOM AND POOL MEMBERSHIP ONLY

Adult \$275
Family \$485

SUMMER POOL MEMBERSHIPS!

Youth: \$60.00
Family: \$150.00

***Only for use during Open Swim times Memorial Day thru Labor Day ONLY.**

GUEST POLICY

Photo ID is required for all guests 16 and older, "All guests under 18 yrs of age must have a parent or guardian complete and sign the guest participation application on their behalf. All children under the age of 7 must be accompanied by a responsible person age 14 and older.

POOL HOURS

Pool schedule is subject to change. Check with the YMCA or www.ymcaworthington.org for any schedule changes.

Lap Swim *Must be 14 years and older*

Mornings

Monday - Friday	5:45 a.m. - 7:15 a.m.
Saturday	8:30 a.m. - 9:30 a.m.

Afternoons

Monday - Friday	12:00 p.m. - 1:00 p.m.
-----------------	------------------------

Evenings

Monday, Wednesday, Friday	5:00 p.m. - 6:00 p.m.
Tuesday, Thursday	6:00 p.m. - 7:00 p.m.
Monday - Friday	5:00 p.m. - 6:00 p.m.*

*Beginning March 30th

Open Swim

Children 7 & under and those over 7 requiring flotation devices must have an adult in the water.

Tuesday	7:00 p.m. - 8:30 p.m.
Wednesday	6:00 p.m. - 8:30 p.m.
Friday	3:30 p.m. - 5:00 p.m.
	*6:00 p.m. - 7:30 p.m.
Saturday	*1:00 p.m. - 6:30 p.m.
Sunday	1:15 p.m. - 5:30 p.m.

School's Out Swim Days

Monday Feb. 17th	1:00 p.m. - 5:00 p.m.
Friday Apr. 10th	1:00 p.m. - 5:00 p.m.
Monday Apr. 13th	1:00 p.m. - 5:00 p.m.
Monday May 25th	1:00 p.m. - 5:00 p.m.
Friday May 29th	1:00 p.m. - 5:00 p.m.

Birthday Parties and Facility Rentals at the Y!

The Worthington Area YMCA Aquatics Center includes 6-lane swimming pool with diving well, zero depth entry, and multiple play features such as a water rock climbing wall, slides and sprinklers.

Birthday Parties Include

- 2 hours in the party room
- Access to Aquatics Center and Gym
- Party set-up and clean-up
- YMCA Birthday T-Shirt
- Personalized Birthday Cake from Hy-Vee

Party Fees

\$80.00 Members • \$120.00 Non Members

A 50% deposit is required at the time of booking for up to 25 people. Up-charge for additional larger groups. Tax NOT included.

Party Times

Fridays	3:30 p.m. - 7:30 p.m.
Saturdays	12:00 p.m. - 6:30 p.m.
Sundays	1:30 p.m. - 5:30 p.m.

For a Reservation: Contact Kris Hohensee at kris.hohensee@ymcaworthington.org, 507-376-6197 ext. 223

General Rental Fees *Tax additional*

Conference Room (MAX 20)	\$25/Hour
Gymnasium	\$75/Hour
Multi-Purpose Room A or B	\$25/Hour
Multi-Purpose Room A & B	\$50/Hour

Indoor or Outdoor Pool

Rates are adjusted for pool rental during open swim times.

1-30 People	\$100/hour
31-100 People	\$199/hour
Indoor & Outdoor Pool	\$200/Hour

Child Watch

In Child Watch kids from 6 months to 7 years old can enjoy a fun, safe, and interactive time. If your child needs a diaper change while in our care, you will be asked to return briefly to the Child Watch area to do so. Please check your child's diaper before leaving him/her in Child Watch.
(2 hours/visit max per child)

Spring Hours

Monday - Friday	8:45 a.m. - 11:00 a.m.
Monday - Thursday	4:45 p.m. - 7:30 p.m.

Hours Subject to CHANGE Based On Usage

Members Free *(child must be a member)* Non-Members

\$2 per hour for the first child

\$1 per hour for each additional child

POWER

SANFORD
HEALTH

If you are an athlete, either in season or out of season, we have a program custom made for you. Develop your speed, agility, plyometrics and explosive power. By working with Sanford POWER you train smarter because you're reducing your risk of injury as we incorporate injury prevention into all POWER programs. All of the POWER programs are developed under an umbrella of proven scientific principles of training and are supported by the National Strength and Conditioning Association (NSCA). Last year's participants increased their vertical by an average of 2 inches, broad jump by 7 inches; took 0.14 seconds off of their 10 yd. dash time and 0.24 seconds off their pro-agility.

! Summer POWER Session registration open !

Early registration closes May 30th.

Program begins June 8th and runs 10 weeks through August 14th, athletes will have a total of 30 sessions.

High School session (incoming 9th graders-college) 6:00am - 7:15am. Middle School session (incoming 6th graders-8th) 7:30a.m.-8:45 a.m.

Member: \$50.00 before May 30th, \$65.00 after

Non-member: \$75.00 before May 30th, \$100.00 after

WR Healthcare Foundation Contribution: -\$15!

SPRING LIFEGUARDING CLASS

Looking for a summer job in the area? The YMCA is hosting a lifeguard class in March to help you get hired! Open to 10 participants, you must be able to swim 300 yards, and tread water for 2 minutes without your hands. Fee is \$175 per participant, must be paid in full prior to starting class. Contact Cory Greenway with any questions.

March 20th, 21st & 22nd: Beginning at 6:00pm Friday
March 20th. 8:00am Saturday and Sunday.

Thanks to The Worthington Regional Health Care Foundation and the Y Strong Kids Fund, for helping reduce fees for ALL interested youth in 2020!

See youth program fees with "Worthington Regional Health Care Contribution" at each program to see how ALL youth will benefit!
(Additionally, financial assistance is still available to those in need.)

Program	Times	Program Cost	WR Health Care Contribution	Your 2020 Cost
Youth Soccer	Saturdays	\$45 Member	-\$15	\$30 Per Participant
Practices TBD		\$60 Non-Member	-\$15	\$45 Per Participant
Mini Kickers	Saturdays	\$30 Member	-\$15	\$15 Member
9:00am-9:45am		\$55 Non-Member	-\$15	\$40 Non-Member
Pajama Party	April 13th	\$10 Member	-\$5	\$5 Member
		\$15 Non-Member	-\$5	\$10 Non-Member
Lifeguard Training	March 20, 21, 22	\$175		\$175

*A \$10 Late Registration Fee will be added to Spring Soccer and Mini Kickers After March 31st, Pajama Party after 7th. These fees do not include early registration discounts. Financial aid is available.

Spring 2020 K-6th Grade Youth Soccer League

- For all students, grades K-6, that live in the Nobles County area
- Teams organized by grade levels: K-1; 2-3 & 4-6 (All teams will be co-ed).
- Jerseys & balls provided. Players must supply their own shin guards and closed-toed shoes (cleats optional).

Schedule

- Practices: Begin in April, date and times to be determined by the coach
- Games: Saturdays (Mid April – Early June)

Parent Meeting

- Monday March 30th at 6:00pm
- Here you will meet coaches and receive practice/game schedules.

Questions? Jordan Balster: 507-376-6197 ext. 226 or jordan.balster@ymcaworthington.org

The Worthington YMCA sponsors the youth soccer league with the goal of providing children an opportunity to develop superior life skills through team play, sportsmanship, and hard work.

More information coming.



Healthy Kids Day

This year the YMCA will be partnering with the Children's Health Fair. This FREE program will have booth sponsors and activities related to children in pre-school through 10 years old. The YMCA's Healthy Kids Day is the nation's largest health day for families. The YMCA is encouraging all kids and parents in the community to come to The Y for a play date and commit to being active every day.

Free for Boys and Girls in Pre-School-10 Years Old Friday, April 5th 6:30 p.m. -8:30 p.m. Worthington Senior High School

Worthington Warriors.....Special Olympics MN

The Worthington Area YMCA and Worthington Warriors Special Olympics have now joined forces!!

If you are 8 years of age or older you can participate in Special Olympics. Training for our Summer Olympic Games are going on now!

Summer Games will include swimming and/or track and field. This is a FREE activity.

If you or someone you know has any questions about Special Olympics contact Amy Roesner 507-329-6983.

Special Olympics Minnesota



Mini Kickers Soccer

This 6-week Mini Kickers program teaches the fundamentals of soccer while having fun!

This program is easy and great for learning basic soccer skills.

Program is held at Prairie Elementary on Saturday mornings from 9:00 a.m. - 9:45 a.m. for Pre-School Boys and Girls.

April 18th through May 23rd



11th Annual Girls Night Out Pajama Party!

We will be hosting a night just for girls! Come to a night of hair styling, nail painting, games, and swimming! All girls in 2nd through 4th grade are invited to this great night at the YMCA under adult supervision. Make sure to bring comfortable pajamas, swimming suit, a towel, a pillow (if you want), money for vending machines (not required).

Girls in 2nd - 4th Grade Friday, April 12th 6:00 p.m. - 10:00 p.m.

Contact Jordan Balster at 507-376-6197 ext 226 with any questions.

Youth Aquatics

Parent/Child Stages A&B: Goals include: setting developmentally appropriate goals, introducing and emphasizing basic water safety, building relations and providing opportunities for fun and interaction in the water.

Pre-School Stages: We offer modified, age appropriate swimming lesson where students will learn, develop water exploration, safety around water and become more comfortable. Stages 1-4 are available in Pre-School friendly environments. For children 3 – 5 years old.

Stage 1, WATER ACCLIMATION: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Stage 2, WATER MOVEMENT: In this stage, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Stage 3, WATER STAMINA: In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. We recommend children complete this level before joining swim team.

Stage 4, STROKE INTRODUCTION: Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Stage 5, STROKE DEVELOPMENT: Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Stage 6, STROKE MECHANICS: In this stage, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Group Lessons

Each group lesson contains 8 class times over 4 weeks, or 8 weeks for Saturday morning classes. A maximum of 8 students per class is allowed in Stages 1-4, and 6 students for Parent-Child (Stages A or B, 12 with Parents) and Stages 5 & 6. Fees are per session (8 classes).

Fees: \$34.00 Member
\$56.00 Non-member

WR Healthcare Foundation Contribution: - \$15!

Private & Semi-Private Lessons

These lessons are designed to give participants individualized attention in order to improve or master their swimming skills. Each session includes 5, 30 minute lessons. Semi-Private lessons available for 2 or 3 participants, great for families with children in the same stage. An instructor will contact you to schedule times. Please contact the Program Director to set up your Private Swimming Lessons.

Private Fee: \$60.00 Member
(1:1 ratio) \$115.00 Non-member
Semi-Private Fee: \$40.00/child Member
(1:2 or 1:3 ratio) \$80.00/child Non-member

Spring Session 1: Monday & Wednesday March 16th—April 8th

Time	Class	Class
5:00-5:30 p.m.	Pre-School Stage 2	Stage 3
5:35-6:15 p.m.	Stage 4	Stages 5/6

Spring Session 1: Tuesday & Thursday March 17th— April 9th

6:00-6:30 p.m.	Stage A/B	Pre-School Stage 1
6:35-7:05 p.m.	Stage 1	Stage 2

Spring Session 2: Monday & Wednesday April 20th—May 13th

5:00-5:30 p.m.	Pre-School Stage 2	Stage 3
5:35-6:15 p.m.	Stage 4	Stages 5/6

Spring Session 2: Tuesday & Thursday April 21th—May 14th

6:00-6:30 p.m.	Stage A/B	Pre-School Stage 1
6:35-7:05 p.m.	Stage 1	Stage 2

Summer Session 1: Monday & Wednesday June 1st—June 24th

5:00-5:30 p.m.	Stage A/B	Stage 1
5:35-6:15 p.m.	Stage 4	Stages 5/6

Summer Session 1: Tuesday & Thursday June 2nd—June 25th

6:00-6:30 p.m.	Stage 2	Pre-School Stage 2
6:35-7:05 p.m.	Pre-School Stage 1	Stage 3



LOOKING TO STAY BUSY THIS SUMMER? THE CITY OF WORTHINGTON AND THE Y HAVE MANY GREAT OPPORTUNITIES AT THE YMCA. MORE DETAILS COMING SOON!!

●YMCA Tennis

The YMCA tennis program offers an excellent opportunity to learn and improve on your tennis skills. This program reaches out to kids of all levels and provides a fun tennis experience everyone can enjoy. Whether you're new to tennis or have been playing for years. You won't want to miss out on this year's summer program.

●YMCA Track and Field

YMCA track and Field program is a great program that offers a chance to get kids out and have fun. This program will teach kids all events in track and field. It will also provide participants with a fun experience. We will use many games and group activities to make this one of our best programs.

●Fun and Adventure Day Camp - All Summer long! Led by future professional educators, our Summer Day Camp is bursting with learning, physical activity and adventure. Imaginations and thoughts grow weekly with highlighted themes leading our adventure seekers through a variety of experiences and expeditions. We emphasize our core values of Caring, Honesty, Respect and Responsibility. Continued education is vital in the summer months and camp will keep youth prepared for the next school year with regular reading, STEM projects, creative art and more!

●Preschool Day Camp

This program runs on Tuesdays and Thursdays and promotes school readiness with numbers, letters, reading and keeping the day structured from beginning to end. Campers will learn, play and grow at the YMCA. We emphasize our core values of Caring, Honesty, Respect and Responsibility.

●YMCA Softball

The YMCA softball program is a great opportunity to work on your skills. This program is for participants finishing 3rd-6th grade. Games will be played during the day and evening. Practices will be decided by the coach.

●T-Ball

The YMCA T-Ball program offers participants an opportunity to learn more about the sport of baseball/ softball. This program will teach fundamentals with the use of a tee while providing everyone with a fun learning experience. Teams will practice one time per week, scheduled by the coach, with a game once a week. Boys and Girls Preschool (5 Years old) – those finishing Kindergarten in 2020.

●Peewee Baseball

Peewee baseball is a coach pitch baseball program that continues to teach basic baseball/ softball skills. Teams will practice one time per week, scheduled by the coach, with a game once a week. Boys and Girls finishing 1st & 2nd grade in 2020.

●YMCA Basketball Camp

YMCA Basketball Camp will be taught by local coaches. This camp will be for kids finishing 1st-6th grade. This will be an excellent opportunity to improve on your basketball skills. We will also look to host "tune-ups" throughout the summer to keep youth active.

●YMCA Volleyball Camp

YMCA Volleyball Camp will be led by local coaches. This camp will be for a variety of age groups and an excellent opportunity to improve on your volleyball skills. We will also look to host "tune-ups" throughout the summer to keep youth active.

***All Fees are subject to City Council Approval**

BEST 
SUMMER 
EVER 

KING TURKEY DAY 10K & 5K TRAINING PROGRAMS



These 12 week training programs will be available in either Beginner, Intermediate, or Advanced for both the 5K and 10K races. Join our group to keep yourself accountable and participate in our community's annual celebration.

Informational meeting Monday, June 22nd at 5:30pm. Schedules begin Monday, June 29th.

Beginner: For any participant wanting to get up and participate for the first time or if you have very little exercise experience or your goal is to finish. No prior experience necessary.

Intermediate: If you have run races or completed a training program before, this program will help to improve performance and keep you motivated.

Advanced: You should have competed in several races by now and have experience in training protocols. Your goal is a PR.



Silver Sneakers Classic

A basic exercise class designed for seniors who would like to stay active. This chair based class will give you a challenging yet fun workout!

Contact Cory Greenway with questions.

Monday and Wednesday 10:00 a.m. – 10:45 a.m.

Silver Sneakers Yoga

This class will move your whole body through a complete series of seated and standing yoga poses.

Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tuesday and Thursday 9:15 a.m. – 9:45 a.m.

Aquanastics

Join us as we exercise in the water! This class is great for fitness beginners and those wanting to maintain their current personal fitness level.

Class consists of a warm-up and cool-down and emphasizes areas in cardio, strength, flexibility and balance all mixed together with social interaction.

Class is held Monday, Wednesdays & Fridays 9:00 a.m. to 10:00 a.m.

Note: Class will be held 10:30 a.m. – 11:30 a.m. May 11 through May 22 during the Jami Cummings Safety Around Water Program.

Fee \$25.00 Member
 \$50.00 Non Member

(Cost is for each month session)



Active Older Adults Exercise Training

This class utilizes both our selectorized strength training equipment as well as free weight dumbbells.

Join us for a fun filled session complete with coffee and fellowship afterwards!

Tuesday and Thursday
10:00 a.m. – 10:30 a.m.

Senior Cycling

This class is a little less intense and targeted towards the senior population.

Fridays
10:00 a.m. – 10:45 a.m.

VOLUNTEER & GIVING OPPORTUNITIES

No matter what your special talents, interests, or schedule may be, you can help change someone's life at the YMCA. If you share our commitment to the continued well-being of our youth and community, please consider becoming a YMCA volunteer in the areas below:

- Board Member
- Committee Member
- Janitorial
- Fundraising

Contact Mark Wibbens 376-6197 ext. 227 for further information.

Youth Program Volunteers

YMCA Youth programs have opportunities for volunteers to lead, coach, supervise and referee games and practices in each program. The time and effort will be a rewarding experience for both you and the children in the program.

To volunteer, contact Jordan. at 376-6197 ext. 226 to get more information.



Capital Campaign/Building Fund

Hundreds of individuals and businesses have supported the efforts to build this newer facility which opened in November 2009. Our facility is not yet complete. We need your support for a debt free YMCA facility!!!

Please contact Mark Wibbens at the YMCA at 376-6197 ext. 227 for further information.

Endowment/Heritage Club

Time does pass quickly and our Endowment program has now been actively working on the perpetual long-term financial success of our YMCA for many years. During the past years, the YMCA has been remembered in several estates, many memorials, and 93 individuals, businesses or organizations have joined the Heritage Club.

The Heritage Club is a one-time gift to the Endowment program. Heritage Club members will add to our Endowment Fund that will continue to grow and provide for the ongoing support each year for the many programs of the YMCA.

If you would like to be a member of the "Y's" HERITAGE CLUB, contact Mark Wibbens at the YMCA at 376-6197 ext. 227.

Estate Planning

Please consider the YMCA and the perpetual support that remembering the YMCA in your estate can provide.

If you would like more information on including the YMCA in your estate plans, please contact Mark Wibbens at the YMCA at 376-6197 ext. 227.

REGISTER FOR PROGRAMS IN 3 EASY WAYS

1. ONLINE:

You may register & pay via credit card on our website: www.ymcaworthington.org

2. STOP-IN:

Worthington Area YMCA
1501 Collegeway
Worthington, MN 56187

3. CALL-IN:

(507)376-6197 – payment must be made over the phone

EARLY REGISTRATION DISCOUNTS

Register early for Preschool and Youth Sports to be eligible for an early registration discount.



Registration General Information

1. All classes require preregistration unless specified.
2. Fee must accompany class registration.
3. Credit card must be used for "Online" registrations.
4. The YMCA reserves the right to alter schedule or cancel classes.
5. Program Cancellation policy: the YMCA reserves the right to cancel any program due to insufficient enrollment. When a program is canceled, the YMCA will make every effort to contact registrants before the scheduled start of the program. Complete refunds will be given when this occurs.
6. Persons who wish to withdraw their registration must do so no later than two (2) business days before the activity is scheduled to start. There will be a \$3.00 service charge on all refunds unless canceled by the YMCA.
7. No refunds will be made after the two (2) business day policy prior to the start of a program.
8. The YMCA wants to provide a quality experience in each class and enrollment limits will be observed.
9. Classes filled on a first-come, first-served basis. Members will have first priority.